

Fitness Facilities

The Forrestal Occupational Health Organization (FOHO) and the Germantown Occupational Health Organization (GOHO) are full-service exercise and fitness facilities open for membership to all DOE employees, DOE contractors, other Federal employees and student interns. The centers are membership-owned and operated. Membership dues are paid through a biweekly payroll deduction based on annual salary. The facilities are staffed with full-time fitness professionals educated and experienced in a wide variety of health and fitness specialties.

FOHO hours of operation are Monday through Friday, 6:30 a.m. to 7:00 p.m. and is located in Room GM-159, (202) 586-8402.

GOHO hours of operation are Monday through Friday, 6:00 a.m. to 7:00 p.m. and is located in Room S-140, (301) 903-1538.